

ONE-PERSON DRAG/CARRY

PACK-STRAP CARRY

NOTE: This should be used for a **CONSCIOUS** casualty only.

NOTE: In the pack-strap carry, the casualty's weight rests high on the rescuer's back.

NOTE: Carrying the casualty high on the rescuer's back makes it easier to carry the casualty a moderate distance (50–300 meters).

NOTE: To eliminate the possibility of injury to the casualty's arms, you must hold them in a natural position around your neck.

01 **SQUAT** in front of casualty facing in the same direction; have the casualty wrap their arms around your neck.

NOTE: It is best if one of the casualty's arms is routed under one of the rescuer's arms and up toward the neck.

02 **GRASP** the casualty's wrist and ensure their arm is over your shoulder.

03 **LIFT** the casualty off the ground to a standing position using your leg muscles.

04 **BEND** forward and raise or hoist the casualty as high on your back as possible so that the casualty's weight is resting on your back.

05 Once the casualty is positioned on your back, remain as upright as possible to **PREVENT** straining or injuring your back.

